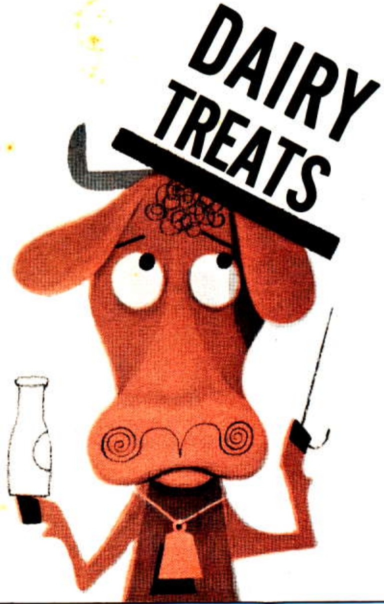
DAIRY TREATS



Oster
JOHN OSTER MANUFACTURING CO. Milwaukee, Wisconsin 53217
HW359-8-64
Litho in U.S.A.

dairy treats the whole day through with the Osterizer...

BREAKFAST, BRUNCH, LUNCH, SNACKS OR DINNER . . . DAIRY PRODUCTS *BELONG* AT ANY TIME OF DAY. THEY'RE VERSATILE, DELICIOUS, EASY-TO-WORK-WITH AND NUTRITIOUS. WITH THE OSTERIZER, YOU'RE WELL EQUIPPED TO PREPARE A VARIETY OF TASTY, NOURISHING TREATS USING DAIRY PRODUCTS AS THE BASE.

Osterizer
SPIN
COOKERY

DAIRY TREATS THE WHOLE

Milk Coolers

1 cup cold milk
½ cup chilled fruit, fresh or canned
½ cup vanilla ice cream, in pieces

Put milk and fruit into OSTERIZER container, cover and process at Hi until fruit is liquefied. Stop OSTERIZER and add ice cream, cover and process at Lo only until well mixed, about 5 seconds. *Yield: 1 serving*

Mexican Chocolate

½ cup semi-sweet chocolate chips
1 tablespoon instant coffee powder
½ teaspoon vanilla extract
¼ teaspoon cinnamon
2 cups hot milk

Put all ingredients into OSTERIZER container, cover and process at Hi until chips are dissolved. Serve hot. *Yield: about 2½ cups*

Cottage Cheese "Sour Cream"

1 tablespoon lemon juice
1 cup creamed cottage cheese

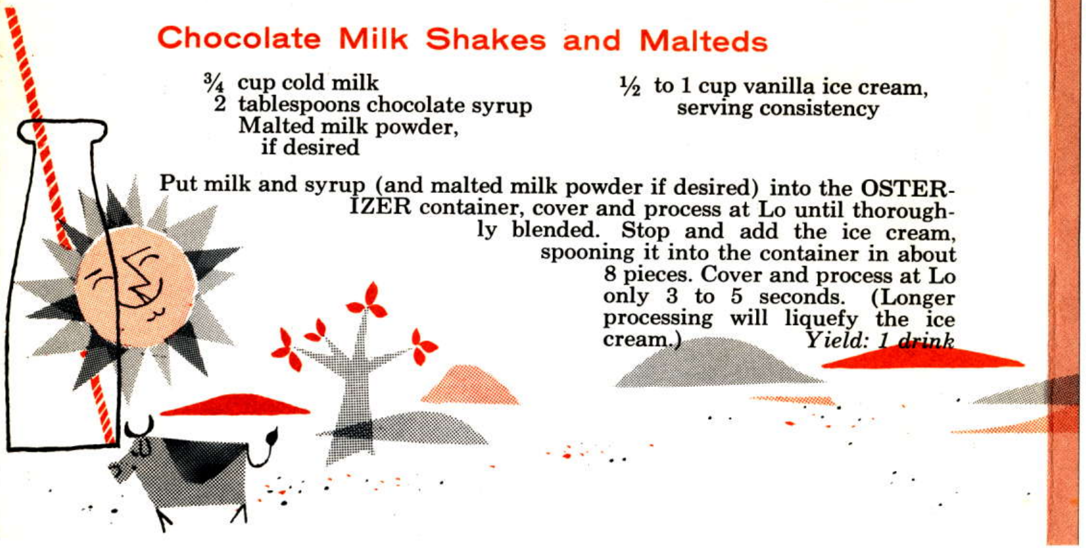
Put ingredients into OSTERIZER Container, cover and process at Hi until smooth and creamy. Use as a base for dips, such as California Onion Dip, or in place of sour cream on baked potatoes. Higher in protein and lower in calories. *Yield: 1 cup*

Note: Recipe may be doubled if desired.

Chocolate Milk Shakes and Malteds

¾ cup cold milk
2 tablespoons chocolate syrup
Malted milk powder, if desired
½ to 1 cup vanilla ice cream, serving consistency

Put milk and syrup (and malted milk powder if desired) into the OSTERIZER container, cover and process at Lo until thoroughly blended. Stop and add the ice cream, spooning it into the container in about 8 pieces. Cover and process at Lo only 3 to 5 seconds. (Longer processing will liquefy the ice cream.) *Yield: 1 drink*



Breakfast in a Glass

1 cup milk (skim, for lower calorie count)
1 egg
½ cup fruit, fresh or canned

Put all ingredients into OSTERIZER container, cover and process at Lo until well blended. *Yield: 1 serving*

Eggnog

3 eggs
¼ cup sugar
1 cup light cream, scalded
1 cup chilled light cream
½ teaspoon vanilla extract
¼ teaspoon nutmeg
1 cup crushed ice

Put eggs and sugar into OSTERIZER container, cover and process at Lo until blended. Remove feeder cap and gradually add the scalded cream, continuing to process until completely blended. While processing add chilled cream, vanilla and nutmeg. Turn control to Hi and add crushed ice. Process until ice is liquefied and serve at once. *Yield: about 1 quart*

Sour Cream Blue Cheese Dressing

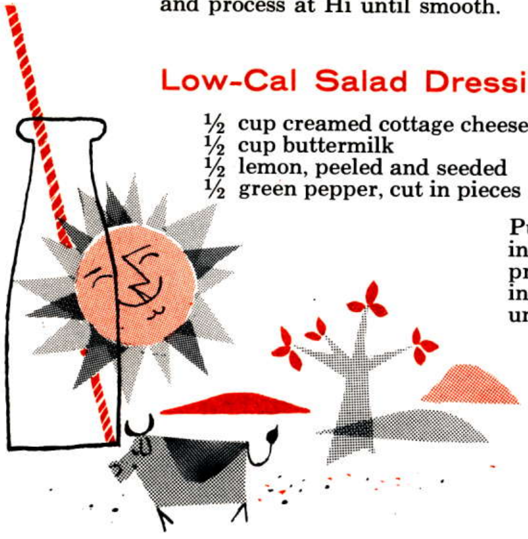
1 cup sour cream
¼ cup salad oil
1 teaspoon lemon juice
½ teaspoon salt
¼ teaspoon garlic salt
½ cup crumbled blue cheese

Put all ingredients except cheese into OSTERIZER Container, cover and process at Lo until well blended. Stop and add blue cheese, cover and process at Hi only until cheese is mixed throughout dressing. If a smooth dressing is desired, put all ingredients into OSTERIZER container, cover and process at Hi until smooth. *Yield: about 2 cups*

Low-Cal Salad Dressing

½ cup creamed cottage cheese
½ cup buttermilk
½ lemon, peeled and seeded
½ green pepper, cut in pieces
4 radishes, cut in half
1 teaspoon salt
½ teaspoon paprika
Dash of garlic powder

Put cottage cheese, buttermilk and lemon into OSTERIZER container, cover and process at Hi until smooth. Add remaining ingredients, cover and process at Hi until vegetables are finely chopped. *Yield: about 1 cup*



E DAY THROUGH . . .

Cottage Cheese Pancakes

½ cup sifted flour
½ teaspoon baking soda
½ teaspoon salt
2 eggs
⅓ cup cottage cheese
¾ cup sour cream

Put all ingredients into OSTERIZER container, cover and process at Lo until well blended. Let stand 10 minutes. Bake on a buttered, moderately hot griddle until brown. Turn only once. *Yield: 8 to 10 pancakes*

Surprise Cheese Pie

Prepare 1 9″ crumb crust

Filling:

2 eggs
1 8-oz. pkg. soft cream cheese, cut in 8 pieces
½ cup sugar
1 teaspoon vanilla extract
⅓ cup Oster chocolate sauce

Glaze:

1½ cups sour cream
½ cup confectioners' sugar
1 teaspoon vanilla extract

Oster Chocolate Sauce:

2 squares unsweetened chocolate, cut up
½ cup sugar
¼ teaspoon salt
1 teaspoon vanilla extract
⅓ cup hot milk

Put all ingredients into Oster Blend-and-Store Jar, process at Hi until chocolate is liquefied and sauce is thickened.

Heat oven to 350°. Put eggs, cream cheese, sugar and vanilla into OSTERIZER container, cover and process at Hi until smooth. Pour into prepared shell and bake 25-35 minutes. Remove from oven and spread with chocolate sauce. Put sour cream, sugar and vanilla into OSTERIZER container, cover and process at Lo until well mixed. Pour over chocolate layer and return to oven about 5 minutes. Chill. Shave semi-sweet or unsweetened chocolate over top before serving. *Yield: 8 to 10 servings*

Low-Calorie Milk Shake

¾ cup cold skim milk
3 tablespoons chocolate syrup
1 cup crushed ice

Put milk and syrup into OSTERIZER container, cover and process at Lo until thoroughly blended. Stop OSTERIZER and add ice, cover and process at Hi only until ice becomes slushy. Serve at once. *Yield: 2 drinks*

Orange Cream Sherbet

1 cup heavy cream
2 pieces thin orange rind, ½″ x 3″
⅓ cup orange juice
½ cup sugar
¼ teaspoon salt

Chill cream thoroughly. Put all ingredients into OSTERIZER container, cover and process at Hi until thick. Pour into 1-qt. freezer container and freeze firm. *Yield: about 1 quart*

Variation: Substitute frozen concentrated lemonade or limeade for orange juice, omit orange rind.

Strawberry Bavarian

1 16-oz. package frozen strawberries, defrosted and drained
¼ cup cold milk
2 envelopes unflavored gelatin
½ cup juice drained from strawberries, heated to boiling
¼ cup sugar
2 egg yolks
Red food coloring
1 cup heavy cream
1 cup crushed ice, drained

Pour cold milk into OSTERIZER container, add gelatin and hot juice. Cover and blend at Lo until gelatin is dissolved, about 1 minute. Turn control to Hi. Remove cover and add sugar, berries, egg yolks and food coloring if desired. Continue blending until strawberries are liquefied. Add cream and crushed ice and continue processing until ice is liquefied. Pour at once into serving dishes. Let set 5 to 10 minutes before serving. *Yield: 6 to 8 servings*

Coeur à la Crème

2 tablespoons cold milk
1 envelope unflavored gelatin
2 tablespoons hot milk
2 tablespoons honey
1 cup creamed cottage cheese
1 8-oz. pkg. cream cheese, cut in 1″ pieces
½ cup heavy cream

Oil a smooth 1-qt. mold. Put cold milk into OSTERIZER container, sprinkle gelatin on top, then add hot milk. Cover and process at Lo until gelatin is dissolved, about 1 minute. Remove cover and while processing add honey. Turn control to Hi, gradually add cottage cheese and cream cheese and continue processing until smooth. Remove feeder cap and add cream. Process only until mixture is well blended. Pour into prepared mold and chill until firm. To serve, unmold on serving dish and garnish with fresh or canned fruit. *Yield: 6 to 8 servings*